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PROFILE

Going the distance

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — "What we have done for ourselves alone dies with us; what we do for others and the world remains and is immortal," goes a quote from Albert Pike.

see LARRY PEYTON | A2

SAFETY CAMPAIGN: Family honours accident victim's memory by urging Seaway to make bridge crossings safer

'I vowed to my son this would get fixed'



Susan Mack replaces a photo of her son Joshua who died two years ago when his car plunged into the Welland Canal at Bridge 19A. The Mack family is still fighting for safety improvements at the bridge.

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Susan Mack's emotions overcame her as she spoke about her son's death two years ago. Joshua Mack died in 2008 when his car plunged into the Welland Canal at the middle bridge, Bridge 19a at McElanby Ave., while the bridge was up.

He failed to see the gates were down.

"This will never be over for me," said his mother, who broke down in tears as she was replacing Joshua's picture at a makeshift memorial on the southeast side of the bridge last Saturday.

She said if the gates had been farther back to prevent access, her son would have never died. There are gates on the east side of the bridge that come down when the bridge goes up.

see BRIDGE | A2

See Inside:

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■ LARRY PEYTON

Making a difference in the lives of others

FROM PAGE A1

It's a quote from the Confederate soldier, writer and Freemason that Larry Peyton lives by.

"If I can help another person improve their lifestyle ..." he said.

Helping others has been part of the 76-year-old Port Colborne man's life since he joined the Masons 52 years ago. Masons, he said, are a group that tries to help people.

If joining the fraternal organization to help people wasn't enough, 25 years ago Peyton also joined the Shriners, the men everyone sees in parades in red fezzes and crazy driving go-karts. The Shriners are part of the Masons.

Shriners operate more than 20 hospitals for children in the Canada, Mexico and the United States.

The hospitals were originally formed to treat young victims of polio, but as that disease was controlled, they broadened their scope.

Shriners hospitals now deal with all pediatric cases, most especially with orthopedic injuries, disease and burns. There is never any charge for treatment at a Shriners hospital.

"I've taken children over to the Shriners hospital in Erie (Pa.) for help."

After being with the two groups and helping others over the years, Peyton focused on a new area six years ago: multiple sclerosis. He took part in the Rona MS Bike Tour in Niagara.

It wasn't just to help others, it was personal. In 2005,



Staff Photo

Larry Peyton will ride in his sixth Rona MS Bike Tour in Niagara on Aug. 22. Peyton is riding to help raise funds to fight the disease which affects his son Jeff, who was diagnosed with it in 2005.

his son Jeff was diagnosed with the disease that affects the body's central nervous system.

"Jeff was watching his son play hockey when he had a weird feeling in his legs. He

had it again after that and decided to go to his doctor."

After an MRI was taken, Jeff Peyton was diagnosed with the disease.

"We checked both sides of the family and no one

else has ever had multiple sclerosis."

He said his 49-year-old son takes weekly doses of the drug Interferon to keep the disease in check, adding people would never know Jeff

has multiple sclerosis.

"It hasn't affected him in his job at all."

Peyton's son is director of buildings and facilities for the City of Vaughan.

"Jeff's talked with his doctor about a new procedure to treat multiple sclerosis, but his doctor has recommended against it until there was more testing. My son is being served very well by his doctor."

When Jeff Peyton was first diagnosed with multiple sclerosis, he headed to Florida where his parents were on vacation.

Peyton said his son needed to take a break and take it all in.

When Peyton came back from Florida he saw an ad for the MS Bike Tour and decided to take part to help raise funds for multiple sclerosis.

To get prepared for the ride, which is 75 kilometres long, the elder Peyton rides to Fort Erie and back along the Friendship Trail.

"I've been riding bikes since I was a kid," he said.

To date he's raised about \$12,000 for multiple sclerosis and his goal for this year's ride, which takes place Sunday, Aug. 22, starting in Chippawa, is \$2,000 in pledges.

"I'm at \$1,425 right now."

People wanting to make a pledge can contact Peyton directly at 905-834-6205 or go online at www.msbike.org, clicking the big red pledge button and searching for Larry Peyton's name.

djohnson@wellandtribune.ca

■ BRIDGE

Call for change to bridge gates

FROM PAGE A1

Since Joshua, who was 24 at the time, died, the Mack family — Susan, Dave Rapcewicz, Joshua's sister, and Adam Mack, Joshua's father — have been working to have the St. Lawrence Seaway Management Corp. make changes to bridge and its gates.

"I want something done so no one else goes through what we've gone through. I want to my son this would get fixed," Susan Mack said.

Rapcewicz said after Joshua's death, the family asked Niagara Region and Seaway to make changes to the area.

"The Region said they would work with the Seaway."

Rapcewicz said the region made changes to the area it controls near the bridge. Large no-turn lights facing both directions of traffic were put up at the intersection of Mellanby Ave. and Welland St.

The family was glad to see the changes made by the region, but wanted more done by the Seaway. They've sent many e-mails to the Seaway, but have yet to see any action.

"I'm disappointed the Seaway has done nothing," Adam Mack said.

He said the gates should be moved further back so people notice and aren't able to get close to the edge of the canal when the bridge goes up.

"My son wouldn't have died if something had been there," Susan Mack said.

Rapcewicz said if a fatal accident involving a boat died if something had been there, Susan Mack said.

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portraits

■ **HWY. 140:** Resurfacing project to be completed by fall

Work on Highway 140 should open industrial opportunities for city

InPort News Staff

PORT COLBORNE — Mayor Vance Badawey is happy to see the resurfacing of Hwy. 140 and said it will be good news for the city.

"It will do a few things for us," he said. "First, the road

wasn't in the best of condition, and after the resurfacing it will be easier to drive on."

Work on the highway got underway in early June and is expected to be completed by late fall, said Ministry of Transportation information

officer Will MacKenzie.

MacKenzie said cold-in-place recycling is taking place on the stretch between Hwy. 3 to north to about the train tracks in Welland. Cold-in-place recycling sees much of the existing highway taken up and reused with a new layer

of asphalt added on top.

The \$2-million project is being carried out by Rankin Construction of St. Catharines. Machines from Cruikshank Construction Ltd. are being used on the road. The project is causing lengthy delays for anyone

using the highway during the day.

Badawey said once the highway is resurfaced, it will make industrial lands the city is establishing off the Hwy. 140 corridor much more attractive to future investors.

"We're maxed out on

industrial lands right now."

The mayor said with Niagara Region looking at establishing an east-west arterial link off of the QEW, that could open Port Colborne to a larger market and having a newly-paved highway can help as well.



DAVE JOHNSON Staff photos

Hwy. 140 is undergoing a \$2-million reconstruction between Hwy. 3 north to about the train tracks in Welland. The project is being carried out by Rankin Construction of St. Catharines and machines from Cruikshank Construction Ltd. are being used on the road.



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ourview

Looking for answers

Two years ago, 24-year-old Joshua Mackie died after his car went into the Welland Canal.

Joshua's car went through gates at Bridge 15A, the middle jackknife bridge, while the bridge was up. Since the day Joshua died, his family has sought one thing — better safety measures at the bridge.

"I want something done so no one else goes through what we've gone through. I vowed to my son this would get fixed," his mother Susan Mackie said this past weekend.

Since Joshua's death, some improvements to the area have been made. Niagara Region put up no-run signs, facing both directions, at the intersection at Mellanby Ave. and Welland St. The large signs on top of the traffic poles show a red no-run arrow when the bridge is up.

While the family is happy to see those measures taken by the region, they are still waiting for the St. Lawrence Seaway Management Corp. to make some changes. What they would like to see is the gates, which are only a few metres away from the canal's edge, moved further back. The gates are on the east side of the bridge. They feed if the gates were closer to Welland St., that would stop anyone from getting too close to the canal. It could also prevent another death.

"My son wouldn't have died if something had been there," Susan said.

To date, the Seaway hasn't made any changes to the gate system at the bridge and the family continues to send e-mails to them, urging action. We understand moving the gates may not be feasible for a variety of reasons, but the Seaway should find some way to address the situation before another accident takes place.

One death is one too many.

Patience people

With resurfacing work being carried out on Hwy. 140 and the revitalization of Main St. underway, it's a bit tricky to get around the north and east ends of the city. Main St., mainly the area between the weir and Elm St., for now, is a lot narrower and there are construction workers and equipment all around.

If you need to drive through the area or are visiting one of the businesses, which are open by the way, take care when passing by workers and equipment. Also watch for pedestrians and cars coming out from those businesses as their visibility is reduced. While work is underway in town, there's also the work on Hwy. 140. The resurfacing project is expected to last until late fall and traffic delays are to be expected.

One could be held up a up to 10 minutes or more as the highway is down to one lane. The Ram Construction, the company carrying out the work, has an escort vehicle leading traffic down the highway. And the line-up behind that vehicle can be quite long. We suggest avoiding the highway and Main St. altogether if you don't have to use them. But if you do have to use either, take care and have some patience.

I'VE BEEN THINKING

Being patient is key to spiritual understanding

DR. JACK NEIL
First Presbyterian Church

A number of years ago I bought a set of oriental-style teacups. I thought it was the trendy thing to do at the time.

After the first few uses, I realized that those little cups don't hold much tea.

I persevered for a week or so, then switched to mug. My patience went down the drain.

We live in a society where patience is rarely practiced.

In the name of efficiency we want everything right now.

If we can't get the item we want quickly, we complain that the store doesn't have enough stock.

Without the practice of patience in our lives, real spiritual development is next to impossible.

We dream of instant enlightenment, but for most of us (myself included) it is an illusion.

Learning how to be more patient

readers' views

This isn't real action

Re: Niagara Region OKs wage freeze
You guys have to be joking right?

The worst federal and provincial decision in history? Niagara Region itself some \$300,000,000 in debt, though it has yet to admit publicly just how far in the tank it has put us taxpayers in 2010, and yet you can still produce a front page story suggesting that regional politicians are taking action and that they care?

Perhaps in certain cases local media are forgetting that there is a municipal election due?

Niagara Region has suffered job losses as bad as anywhere in Canada, whatever future employment prospects there may be will be in service industries that do not actually produce wealth, the bulk of new employment, if the taxpayer are stupid enough to accept it, will be in the public sector, the one employer who only spends tax dollars, produces nothing and is totally dependent on a dwindling

Without the practice of patience in our lives, real spiritual development is next to impossible."

Dr. Jack Neil, First Presbyterian Church

with things and people as they are is one of the keys to spiritual understanding. There's always some place that seems better than where we are right now. Ditto with people.

I think there is a definite link between patience and humility.

Getting rid of our judgments and criticisms sets us on the right path.

Patience also means you and I need to be free enough in some areas to allow the world to take its natural course.

People come into our lives and people go.

Events impinge upon our normal course of activities, perhaps setting them askew for a while, and then these same events recede out of our consciousness.

We can try to fight the world with all our might.

private sector to provide taxes to pay for it.

And the actual 'wage freeze'? Will only apply to 450 non-union members of around a total of 3,100 primarily union members.

As most of these are enjoying salaries in excess of \$100,000 a year, some earning up to over \$300,000, pay very generous taxpayer funded and annual index linked benefits, I have no problem with any wage freeze although would have thought a salary cut, or perhaps 50%, might show a real appreciation of what is happening in the real world to many who have lost jobs, never anticipated a six figure salary in their whole working lives and had to buy pensions not supported or paid for by taxes?

I do have a concern with the unionized workforce insisting that 'we freeze' should be spared any wage freeze. Why?

In a world of economic recession, with many people losing jobs and homes, with more families needing

The psychological stress and emotional turmoil can be enormous. On the other hand, patience helps us become more at home in God's creation.

I have a large, red toolbox. Inside is a collection of cutters, wrenches, sockets, bits, screwdrivers, screw extractors — you name it.

I turn to this red box for every mechanical problem that arises. Patience, too, is a wonderful and useful tool that I try to keep in that toolbox. Sometimes I succeed and sometimes I don't.

But at least I try.

Be patient with God's world. Give God's world a chance to be what it is. Give God's people a chance to be who they are and maybe, with patience, become the men and women they were meant to be.

help from declining welfare services and overstretched volunteer groups, why should it be only the unionized public sector that should be protected above all other citizens?

One comment was that those earning 'only' \$30,000 needed their incomes. No great comfort to those without public sector union support. There are many trying to survive on savings, static pensions and welfare that doesn't compare to \$30,000 or even come close.

So one question that should be answered by this media is just exactly how many of the remaining 2,600 Regional unionized employees earn 'only' \$30,000 a year or less? And with so far undisciplined median salary within the Niagara Region for 2010 it would be nice to be shown proof that \$30,000, plus pensions and benefits per year, is truly a poverty level income?

Andrew Watts
Wainfleet

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■ PETS

Sight Hounds of Group 2, Part 1



Sandie Bingley
IT'S A DOGS LIFE

There are nine Sight Hounds in Group 2. In most cases these hounds are tall, slim, elegant, keen hunters with very sharp eyes and extreme speed. These hounds date back thousands of years to the Egyptian tombs and the Old Testament of the Bible.

The Afghan Hound has been in existence as far back as 3,500 B.C.

They were known to have been in Egypt, Arabia, and Afghanistan. They are truly exotic with their long silky, flowing coats. Their dignified, aloof appearance made them fit the position of the dog of ancient royalty.

They were used for hunting and were allowed to lounge around in the palaces of the Kings. They have a sweet, quiet temperament but need lots of exercise. Their long coats need constant grooming to remain

beautiful.

The Tibetan Hound can be found in Egyptian tombs. King Tut's tomb contains drawings of these hounds as well as a full size statue of an Tibetan Hound which represented a dog god.

Cleopatra was also known to have owned and loved the Tibetan Hounds. Later they were used for trade by merchants travelling to other areas of the world. A number of these dogs were left on the island of Ibiza where they remained for thousands of years.

Their population grew strong and fit as only the strongest and best hunters could survive on this rugged island. He is affectionate and loyal and also very trainable, is easily recognized as the brown dog with the large white collar and very large stand up ears.

The Pharaoh Hound is similar looking to the Tibetan Hound except it only has a white spot on it's chest and no white collar. He again goes back to Egypt where he was prized as a great hunting dog of kings. He was also kept as a family dog of the royals.

It is believed that King Tut's most favourite dog was a Pharaoh Hound

named Abuwtiyuw. When this dog died King Tut insisted that his dog have a royal funeral as if he was a king not a dog. Again, these dogs were later used in trade to other countries of the world. A group of

these dogs ended up on the island of Malta where their beauty and type remained unchanged for thousands of years. The Pharaoh Hound is today the national dog of Malta. They are intelligent, friendly, affectionate, and

playful. They love children and the best part is that they don't ever have any "doggie odour".

Next time: More Sight Hounds of Group 2

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■ **ELECTION:** First to declare

DiBartolomeo running for Port mayor

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — It's time for a change and the time is right, said Frank DiBartolomeo as he launched his mayoral campaign last Friday.

The sitting Ward 2 councillor is the first person to announce candidacy for mayor in Port Colborne. He used the farmers' market as the backdrop for his announcement made with family, friends and supporters around him.

"The decision was not

made in haste or without careful thought and consideration. During the past several months I have been inundated with support and encouragement from all sectors of our municipality.

"I'm prepared to invest and commit the next four years of my life to do whatever it takes to make our city a better place to live, work and play while being prudent and responsible for taxpayers dollars," said DiBartolomeo, who added he has the support of his wife, three children and two daughters-in-law.

DiBartolomeo, owner of

"I'm prepared to invest and commit the next four years to ... make our city a better place to live, work and play"

Frank DiBartolomeo

Newport Signs, has served on city council for 16 years and believes it has given him the experience and insight regarding the concerns of residents.

During his five terms on council, he said he initiated and worked on a number of projects, including: a pilot transit project, which has evolved into a citywide service; Main St. revitalization; Lock 8

Park playground equipment; making Canal Bank St. a one-way street for safety reasons; having a flashing beacon installed to let people know Bridge 21, the Clarence St. area storm water project; and a rain barrel program.

"I've supported the construction of a new city hall, we'll bridge crossing and new fire hall. As you can see, it has been a busy 16 years."

"Through all those years I have always responded quickly and effectively to my constituents' needs and made their concerns my priority. Although a lot has been accomplished, there is still so much to do. I am ready to face the challenges head on and work together as a team in a transparent manner while always keeping the concerns of the constituents in the forefront."

DiBartolomeo said there are many issues to be dealt with in the city.

"It's no secret the health and wellness centre is on the top of my priority list. I have been consistent with my position since campaigning four years ago. I have not wavered.



STAFF PHOTO

Frank DiBartolomeo announced his candidacy for mayor last week at the Farmers' Market.

I support youth, all sports, progress and the construction of an affordable complex tailored to our needs, demographics and affordability."

If elected mayor, he pledged to introduce cost-saving measures to stop the "wasteful spending of taxpayers dollars" before the city goes bankrupt. He said hydro funds and reserves are nearly depleted in the city.

He's also very concerned about the declining population of Port Colborne and its shrinking tax base.

"It is my intention and commitment to introduce

alternative residential and industrial growth strategies. Youth and job retention and creation will also be a focus. We need to reduce the exodus of post-secondary students."

DiBartolomeo, a member of the Port Colborne-Wainfleet Chamber of Commerce and Knights of Columbus, said having a 0.8% growth rate with only nine homes built in 2009 is not a sign of a progressive, sustainable community. The focus, he said, needs to be more on economic development and less on special events.

Special events and tourism are important and beneficial to the city, though, he said.

"However, we need to increase our tax base and lighten the burden of our over taxed residents, especially the elders and others on fixed incomes."

He said the loss of the hospital as well as the alarming number of residents living in poverty must be addressed and added the present urgent care designation on the Port Colborne hospital does not replace a 24-hour emergency department.

"I want to reiterate my pledge of being a team player and look forward in working together as a council should," he said.

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■ CHRIS CAIRNS: Teacher inspired others

Cancer claims popular Port High teacher

JOHN VESSOVAN
InPort News Staff

PORT COLBORNE — Chris Cairns inspired others and believed in his team. His players believed in him and thought of him for a sense of motivation.

In 2007, Cairns, a teacher and football coach at Port Colborne High School, announced that he was battling cancer. He took a leave of absence that year to undergo treatments.

But a season later, Cairns was back at school and on the sidelines to coach his team. He led the Blue Bears all the way to the championship game where they lost to West Park of St. Catharines.

Chris Cairns

However, Cairns and the Blue Bears would not be denied in the fall of 2009. Port High had a remarkable season and advanced to the finals for a second consecutive campaign.

And in the time capricious of the championship crown by beating South Lincoln in the final. Cairns allowed his players to believe that they can win. He would tell his players to never say die and that if you work as hard as you can, you can achieve what you want.

He once told The Tribune a post-game interview that life is a game — and even in defeat, there's something to gain.

Cairns' inspirational character and eternal optimism would not be forgotten by the people who knew him, and those who knew him well, will miss him. Cairns died recently at the age of 53. He was married to his wife Rae Ann for 30 years. He also leaves behind his children Jim, Jonathan and Jessica.

Cairns joined the Port High teaching staff in 1993 following stints at Port Erie and Stamford. He attended McMaster University in Hamilton and Brock University in St. Catharines before becoming a teacher in the mid-1990s.

Eric Pipher, who was the quarterback of the championship-winning soccer last year, said Cairns was a great teacher.

He said he was also a mentor to him and his teammates, and that winning the title for him in 2009 was a privilege.

"He was always there for us. He never gave up on any of us," Pipher said. "He motivated all of us to try harder. He was the best role model you could ever ask for."

Scott Grover worked with Cairns at Port High for 10 years and looked up to him

“He was the guy you wanted to be. He was a great example — was a family man dedicated to his kids and his wife.”

Scott Grover, Port High

ever since he arrived at Port High in 2000.

"He was the guy you wanted to be. He was a great example — was a family man dedicated to his kids and his wife," Grover explained.

with the kids. His legacy will remain strong."

Port High head of physical education, Christy Thorsteinson had known the coach for six years. The halls of Port High as well as the football field won't be the same without the fan of the National Football League's San Francisco 49ers.

"Everyone respected him as a teacher, a coach and a parent. He was kind and caring,"

Thorsteinson said.

The entire Port High community was elated when Cairns' Blue Bears won the football title.

At the time, not many people thought it would be the coach's final season. Thorsteinson said it was fitting that Cairns left the game as a champion.

"It's crazy how things happen," she said.

jessoyan@weilandtribune.ca

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Customary treatment has been the use of nonsteroidal anti-inflammatory drugs. Unfortunately, too many people take these over-the-counter medications thinking they're as safe as aspirin and Tylenol. But every 25,000 North Americans die from gastrointestinal complications due to this self-prescribed remedy. It's a huge price to pay for pain relief. MYO-MED eliminates this problem. To our knowledge, no side effects have been reported by using this natural cream.

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America. But 90 percent of these painkillers contain methyl salicylate. Excessive use of this substance over a period of time has been associated with serious health problems and in rare cases can be fatal. MYO-MED does not contain methyl salicylate and is the only all-natural, toxin-free cream available. MYO-MED consists of a combination of six anti-inflammatory ingredients proven to be effective in relieving a variety of painful conditions such as arthritis, bursitis, tendonitis and carpal tunnel syndrome. One of the main ingredients is cetyl fatty acids. These are naturally occurring compounds that help to reduce inflammation, pain and increase mobility. Another ingredient, Bryonia Alba, is a vine-like plant native to the woods of Europe. It's particularly effective for the pain associated with motion. It's also helpful in the treatment of neck, back pain and those suffering from fibromyalgia. MYO-MED also has what's called a "Nano Delivery System." It's a process that quickly carries these six anti-inflammatory ingredients deep into affected muscles and joints where they're needed, providing relief in minutes.

But how good is MYO-MED in easing pain? Researchers at the University of Connecticut carried out double-blind studies to test its effectiveness. One group of patients, suffering from osteoarthritis of the knee, was treated with MYO-MED. A similar group received a placebo cream. But neither doctors nor patients were told which cream was the real McCoy.

Thirty minutes after applying the cream, patients were tested to see how their disability was affected. How far could they flex a knee before it became painful? How well could they get up from a chair? How much time did it take to go up and down 11 steps? And how good was their balance?

Patients were then advised to apply their creams twice a day for 30 days. Both groups of patients were also provided with nutritional guidance to ensure neither group gained weight during the trial period.

Researchers found that patients using MYO-MED noticed better results after 30 minutes. Further improvement occurred over ensuing 30 days. Patients could flex knees better, needed less time to navigate stairs and rise from a chair. They also showed improved balance, strength and physical endurance.

MYO-MED complements another vital problem. It's logical that if a knee joint hurts, there's a naturally tendency not to move it. But ships develop barnacles if tied up to dock too long. And people suffering from painful joints slowly but surely lose muscle mass if they become less active. This can have a major effect on their way of life. Several professional athletes who have access to the best treatments available say that MYO-MED keeps them on the playing field. It has also kept me at the tip shooting range as the gun's recoil often bays me with a painful shoulder. And my tennis friend couldn't be happier. I'll surprise him with another tube at Christmas.

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■ **NATURE:** Trails galore in south and central Niagara



GEORGE DUMA
Staff photo

Leaves form a canopy over part of one of the trails at St. Johns Conservation Area in Pelham, a favourite spot for Niagara hikers.

Take a hike – no, really

Hiking. It's one of the most wonderful ways to get exercise in the summer months. In the winter, too, for that matter, though it certainly is a more pleasant experience for many in the warm weather.

Hiking is the perfect combination of physical and mental exercise, of walking through the bountiful beauty of nature that we're so fortunate to have in south and central Niagara where both the body and the body's senses get a terrific workout.

There is certainly no shortage of amazing places to go.



George Duma
by GEORGE

Morgan's Point comes immediately to mind. It's a gorgeous combination of tall grass, meadow, forest, sand dunes and the bedrock shoal outcrop of Lake Erie, with the surf lapping up on shore. What is it about the sound of waves coming ashore that is just so calming?

It's also the perfect area to go and appreciate nature while doing some bird and butterfly watching at the

same time.

As the Niagara Peninsula Conservation Authority (NPCA) website tells us, "it provides a unique eco-tourism venue with distinctive educational opportunities, and is a magnificent place to explore nature with a trail and boardwalk designed to minimize human impacts on sand dunes and the bedrock shoal outcrop of Lake Erie." The NPCA has certainly done it right.

The organization has another jewel in the St. Johns Conservation Area in Pelham, just outside of Fonthill off Hollow Road. It has to rate as one of the most beautiful hiking spots in Ontario, it really does.

When I was still had Bud, our golden retriever, and he was still nimble before old age took away so much of his hip movement, St. Johns was my favourite spot to bring him. We could kill the better part of a day there, going up and down the various hills, me sticking to the paths and him gallivanting through the woods.

By the time we did all the trails, he was ready for a quick dip in the trout pond, a St. Johns highlight. And it was just as magical in the winter, albeit for different reasons. Then, he would end up covered in snow, ready to thaw out in the back of the van, on a blanket.

St. Johns is the first conservation area in Niagara with wheelchair-accessible facilities, from the parking lot to the pond I mentioned. The path goes right around the entire body of water.

SEE DUMA | A9

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Q. What is a soft liner?

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Q. What are the advantages of a soft liner?

- To name just a few reasons: • Great comfort. • With soft liners, many denture wearers report that they can chew food more comfortable and effectively.
- This will extend the health of your gum as well as ensure maximum adherence.

Q. Is a soft liner right for me?

- Permanent soft liner provides comfort and relief for individuals with: • Severely resorbed or flat gums that do not tolerate the stress of dentures • Chronic soreness

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■ DUMA

Magical, mysterious trails in south Niagara

FROM PAGE A8

St. Johns epitomizes all that's so wonderful about a hike in natural beauty. According to the NPCA website, "Boardwalks rise above wet areas covered with skunk cabbage. The diversity of foliage is amazing with an abundance of ferns, more than 400 species of vascular plants and 80 mushrooms species growing here."

Closer to home is Mud Lake, down off Elm St.

Though not as big as St. Johns, it's a wonderful area for either a solo hike or a family hike. On a recent visit, I spotted a young couple with their two kids, one in a stroller, enjoying what this wonderful local gem has to offer.

Mud Lake is more than 60 hectares of wetland and 54 hectares of fields and woods and is a huge favourite with the bird-watching crowd. It's noted as an important resting and feeding stop for migratory birds, so it's a great place for rare bird sightings. I just find it to be a picturesque piece of serenity minutes from our downtown.

And, if we're talking about hiking in south and central Niagara, the Wainfleet Bog has to occupy a high place on the list of places to go. It covers 801 hectares and was purchased by the NPCA in 1996.

It's a magical, mysterious place, almost haunting. But it is also one of the most amazing hiking experiences one can imagine.

There are other areas to hike, of course. The Welland Canal Recreational Trail adjacent to the canal, our portion of the Friendship Trail, the Wainfleet quarry, and there are more. The point is to get out and do it.

Hiking is not only a good exercise for the body it's an incredibly soothing exercise for the soul.

See you on the trails.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the Journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: gduma@cgnews.ca



GEORGE DUMA Staff photos

The trout pond at St. Johns Conservation Area, left photo, features a wheelchair-accessible path that comes from the parking lot and wraps around the pond. Bottom left, Lake Erie's bedrock shoal outcrop at Morgan's Point is one of the highlights of a hike at the Wainfleet conservation area. Above, the views are spectacular along the hiking trails at Mud Lake, minutes from Port's downtown.

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■ EXHIBIT



Staff photo

Fort Erie resident Bob Twidle straightens one of the many artistic creations he has on display at Arts Place Gallery in Port Colborne.

Physician's work showcased at Arts Place

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Bob Twidle believes art can enhance a room, just as it has his life.

The Fort Erie resident discovered his love for art in 1993. At that time, he had become "very ill" and was forced to give up his profession as a family physician.

Looking for a way to pass the time, he began drawing and made a startling discovery.

"When I was drawing, I felt a lot better. I still do," said the 77-year-old.

He's developed his craft over the years, mainly work-

ing with pastels, charcoal and oil paints.

About 40 pieces of Twidle's work will be on display at Arts Place Gallery, 714 King St., until Sept. 5.

Twidle said he finds inspiration by what he sees "passing through life," whether it be Lake Erie — his favourite muse — his garden, or a landscape he encounters while travelling.

"It's part of my life. It calls on a different side of me," he said of his artwork. "It's nice to meet that side."

The gallery is open Thursdays to Sundays from noon until 5 p.m.

nfrthr@wellandtribune.ca

■ WAINFLEET

Library activities

InPort News Staff

WAINFLEET — This month, take advantage of a activities at the Wainfleet Township Public Library.

On Monday, Aug. 16, the Wonderful World of Words will be held from 9:30 to 11 a.m. Parents and children ages two to five are invited to join in the fun of discovering practical ways to use materials and activities to support literacy in the home.

The Emergency Literacy Consultant from Speech

Services Niagara along with an ECL staff member from Ontario Early Years will guide you in exploring ways to build the foundation of skills that your child needs before 5.

Friday, Aug. 13, 20 and 27 get your game on at the library from 2 to 3:30 p.m. Children and teens can drop-in to play Wii and Xbox.

The library also offers ongoing computer workshops Mondays, Wednesdays and Fridays by calling 905-899-1277 to book an appointment.

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■ **DRAG RACING:** Mark Souder's dragster reaches 165 mph

Port racer qualifies for final

DAVE JOHNSON
InPort News Staff

PORT COLBORNE
— Mark Souder ran his dragster all out at the recent Armdrop Live event and it paid off.

The Port Colborne man, who has been racing for 32 years, took the top spot in the Quick 8 category at Toronto Motorsports Park in Cayuga.

A quarter-mile pass of 8.34 seconds at 165 m.p.h. was good enough to qualify him in fourth place out of the eight racers in the category.

Souder, driving a 1989 Suncoast dragster, beat out the next competitor to qualify for the final.

Up against a Toronto racer, Souder said Rich Christensen, host of Armdrop Live, thought he jumped his arm drop.

"He (Christensen) asked the crowd and they said

"No." I saw him flinch and I went," Souder said.

As soon as Christensen starts a downward motion of his arms and shoulders, racers can take off down the track and that's what Souder did.

A regular racer at the Cayuga track, Souder competes in the Super Pro class. His car runs in the 8.20- to 8.30-second range, but can go as quick at 7.90 seconds in the quarter-mile.

Running 7.90 seconds is "hard on the motor though," said Souder, who is first in points in his class at Cayuga.

For his efforts at Armdrop Live, where he ran wide open all weekend and never lifted off the throttle once, Souder took home \$1,000.

Welland's Tony Valerio, in his 1968 Chevrolet Camaro RS/SS, took home \$2,000 in the 11-second class.

Here are the results from the Armdrop Live event:

9-second class: Pete Stewart of Toronto on a Suzuki GSXR-1100 — \$1,750.

10-second class: David Doherty of Midland in a 1987 Chevelle — \$3,000.

11-second class: Tony Valerio of Welland in his 1968 Chevrolet Camaro RS/SS — \$2,000.

12-second class: Randy Nunn of Langton in his 1967 Firebird — \$1,750.

Fast 2: Michael Hinbest of Orangeville in his Mike Boss dragster — \$500.

Quick 8: Mark Souder of Port Colborne in his 1989 Suncoast dragster — \$1,000.

djohnson@wellandtribune.com



DAVE JOHNSON Staff Photo

Welland's Tony Valerio, above, in his 1968 Chevrolet Camaro RS/SS, heads down the track during Rich Christensen's Armdrop Live event at Toronto Motorsports Park. Valerio took home \$2,000 in the 11-second class at the event.



DAVE JOHNSON Staff Photo

Port Colborne's Mark Souder does a burnout in his dragster before making a run at Rich Christensen's Armdrop Live event at Toronto Motorsports Park. Souder was one of nearly 300 drivers racing for a share of \$10,000.

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■ **PUBLIC-SECTOR SALARIES:** Step will cover non-unionized workers and council members

Niagara Region OK's non-union wage freeze

MATTHEW VAN DONGEN
QMI Agency

THOROLD — Niagara Region will follow the province's example and freeze wages for non-unionized employees next year, including the 31 members of council.

Regional council also directed staff last week to investigate the possibility of

negotiating similar concessions with unionized employees, who make up the lion's share of the region's 3,100 workers, as well as regional boards and agencies.

The decision by a vote of 16-10 followed months of debate and delay over a motion originally suggested by St. Catharines Coun. Brian Heit on March 25 — the same day

the Ontario government introduced a two-year wage freeze for many of its employees in the name of deficit reduction.

Heit urged his fellow regional councillors Thursday to follow in the provincial government's footsteps — but also to set an example for other councils.

"Whatever happens here at the Region will filter down

to the towns and cities of Niagara," he said before the vote. "The municipalities will expect the same sort of raises that (employees) at the region are getting."

Heit said the wage freeze is more than a knee-jerk response to the recession. "We've been feeling this pain for years," he said, listing job losses and plant closures from the past

decade. "The private sector has been feeling the pain for a long time. The public sector hasn't felt that pain."

Other councillors echoed the call to set an example, but several argued the province isn't making it easy on cities and towns.

Pelham Mayor Dave Augustyn noted the recent contract awarded to Niagara

Regional Police officers after salary arbitration, which bumps up wages almost 10% over three years.

"It's clear the province didn't give that same message (of restraint) to its arbitrators," he said. "I think we still need to talk to the province about that."

see **WAGE FREEZE** A14



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Photo to Place
Photo Credit: Dan

■ WAGE FREEZE

Regional council is avoiding the 'big stuff': Zimmerman

FROM PAGE A13

Chief administrative officer Mike Trojan said a non-unionized salary freeze puts managers in a tough spot, since there is no guarantee employee unions will agree to open existing contracts, or even accept a "zero increase" in future contracts.

In some instances, he said, supervisors could end up making less over time than their unionized counterparts. Trojan said he'd prefer to continue with the Region's multi-year affordability strategy, which calls for "modest" spending and salary increases, as opposed to "reactionary" short-term fixes.

Some councillors said they were uncomfortable making budget decisions for the next council.

"This seems to come up

every election year," said Fort Erie Mayor Doug Martin. "We're setting policy for 2011 for a council that some of us won't even be on... If you want to run on a platform that 'if elected, I'll freeze wages, that's perfect'."

Grimby Coun. Debbie Zimmerman called the wage freeze a "Band-Aid" that ignores the Region's larger budget problems.

"We're punishing the staff ... for a decision we failed to make," she said, pointing to the decades-old debate over amalgamation. "We should be talking about governance in Niagara. Do we need 13 municipalities? A wage freeze for senior staff, what does that amount to? Do the big stuff."

Trojan said the region employs about 450 non-unionized staff.

Helt estimated the region would save about \$300,000 next year if it froze the wages of staff on the annual "Sunshine List" of workers who make \$100,000 or more.

He didn't have a savings estimate for all non-unionized staff, but said an agreement with all 3,100 workers could save up to \$9 million, assuming an average wage increase of 3% in a normal year.

"Obviously, that's not likely to happen," he said after the meeting. "But we need to ask the question and see where it gets us."

Trojan said staff would report back to council with options for talking with boards, agencies and seven different union groups. He wouldn't comment on the likelihood of unions agreeing to reopen contracts or consider zero increases in future

negotiations.

However, in the past, Trojan has said the Region would be forced to deal with "perceived unfairness among employee

groups if you freeze wages for some, but not others."

The CAO noted recent contracts have "trended down," although not to zero. In late

July, 140 unionized workers in public health and community services agreed to a two-year contract with yearly wage increases of 2% and 1%.

Wage freeze not a hot idea: union leader

MATTHEW DONGEN
QMI Agency

THOROLD — Shawn Wilson doesn't think a regional wage freeze is a particularly hot idea. "I think it's a very political move, and one that plays well in the news," said Wilson, who heads local 1287 of the Canadian Union of Public Employees.

"But I have to tell you honestly, I'm not generally a fan of wage freezes ... I don't see it truly saving the region much money in the long run." Regional council voted last Thursday to freeze the salaries of all non-unionized regional staff next year, about 450 employees.

The approved resolution from St. Catharines Council.

Brian Helt also directed senior staff to report on possible options to "achieve an overall zero percent increase in the cost of wages and benefits" for regional boards, agencies and unionized employees, too.

Translated, that essentially means talking to the seven union locals representing the remaining 2,575 regional workers "to see if they're willing or able to help us out" with a voluntary salary freeze, Helt said after Thursday's meeting.

Four of the seven bargaining units, representing more than 2,300 workers, have collective agreements expiring in 2011.

That includes a contract for the 860 members of CUPE Local 1287, although not until December, Wilson said.

Wilson, also a Thorold city

councillor, said he has followed the debate on wage freezes at the provincial and municipal level.

"Maybe there's a time and a place for it ... but I think (a freeze) has the potential to affect some people more negatively than others," he said.

"I guess if you're the CAO and you make \$250,000, you won't make a 2% or 3% increase that much. But if you're one of the guys that makes \$30,000, I think you would feel that."

Wilson said he can't speculate how the union will respond if management asks for a freeze next year.

But he echoed the concerns of regional CAO Mike Trojan in pointing out the potential for "unfair treatment" of different employee groups.

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■ SHOWBOAT FESTIVAL THEATRE



DAVE JOHNSON Staff Photo

Showboat Festival Theatre's annual Canal Days Duck Race was a complete sell out this year. Showboat was assisted by Port Colborne and District Conservation Club in selling tickets and running the race. Canadian Tire Port Colborne and Brent and Jenny's No Frills donated the second and third place prizes respectively. Shown here are Brent and Jenny's No Frills manager Mike Kryciak, holding the third place prize won by Dennis Pilot, Carolyn Brennan who won a \$500 Canadian Tire gift certificate, Kanda Tonnos, who won the \$2,500 first place prize, and Ron Bodner, president of Showboat Festival Theatre's board of directors.

■ 50TH ANNIVERSARY

DAVE JOHNSON
Staff Photo

Rosa Sardella foreground, cuts a 50th anniversary cake at the Hart Store in Port Colborne last Saturday as former store manager Bob Ursacki, left, and assistant store manager Charles Adams look on. During the day, the store also held a fundraising barbecue and silent auction to help raise funds for Port Cares.

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■ **HEALTH:** Renovation to increase efficiency, Port Colborne mayor says

Badawey pleased with urgent care redevelopment

InPort News Staff

PORT COLBORNE

— Mayor Vance Badawey is happy to see revised plans to relocate the urgent care centre at Port Colborne hospital moving forward.

Badawey said the Ministry of Health and Long-Term Care approved the redevelopment project which will

see the urgent care centre moved to the main floor of the hospital.

"With these approvals moving forward, the ministry is exhibiting support for the direction the city is taking with regard to the great deal of work we have completed throughout the past two years," Badawey said.

He said the city has proven itself as a leader in preparing a blueprint for all small community hospitals throughout Ontario.

"Together with our partners, we have established a plan, a program, and the ministry has approved this plan, taking us one step closer to the completion of renovations for our hospital.



Vance Badawey

We look forward to the capital work being completed to fulfil the requirements of the program," Badawey said the

renovation will increase the functional programming and additional efficiency of the hospital and family medicine clinic at the hospital, as well as the ability to allow two more physicians to join the practice.

"Our diligence has been followed with tangible results," he said. "We have collaborated with our part-

ners, most important, the medical community, in a manner that introduces allied health professionals (physician assistants and nurse practitioners) into our hospital.

"However, the renovations need to be completed to move forward and with this news we are one step closer."



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**Big Brothers
Big Sisters of
South Niagara**

47th Annual General Meeting

All members of the Association are invited to attend the

47th Annual General Meeting

Monday, September 13th, 2009

6:00 PM

**Community Room, Welland City Hall,
60 East Main St. Welland**

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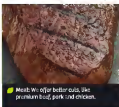
Unlike most discount grocery stores, FreshCo wants you to have it all. Fresh, fabulous produce, fresh bread daily, a wide selection of cheese, and better cuts of meats together with low, low prices on all of your grocery needs. How do we do it? Simple. We buy direct in large volume, from local producers whenever possible. And when we buy big, you save big.

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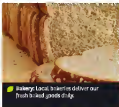
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Grand Opening Friday, August 13th at 8:00 am

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